

Wellness Committee November 15, 2018

Present: Beth Giller, Beth Pratt, Erin Beason, Lisa Dutton, Melissa Makara, Jillian Miner, Michelle Talaga, Carol Gould

1. Welcome and distribution of agenda
2. Discussion of holiday wellness challenges – Maintain, Don't Gain for adults and Holiday Wellness Tips for students. It was decided that the student's tips would be e-blasted to families instead of printed. Maintain, Don't Gain would be solely by email, with motivational tips throughout. Beth G to distribute emails.
3. It was discussed that USDA wants goals written into the policy. Our Board of Education disagreed, stating that goals should be separate from policy. It was decided that goals would be developed and attached to the policy as an addendum. We will list the goals, as well as the policy on the district website. More discussion followed on where to focus our goals.
4. Newsletter articles were assigned. It was requested that content be submitted to Beth Pratt by the end of November, with the goal to distribute the newsletter prior to the winter break.
5. Discussion and scheduling of the meetings for the balance of the year. Teachers commented that they would like meetings right after school, but that would prohibit attendance from parents and BOE members. We decided to keep evening meetings.